



# HHS Energy News

## Special Energy Conservation Edition

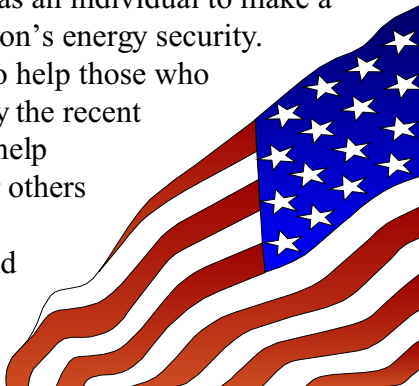
October 2005

### Presidential Directive Issued on Energy Conservation

As the United States responds to the aftermath of hurricanes Katrina and Rita, a key component in efforts to alleviate the resulting energy supply disruptions is to improve energy conservation at Federal facilities. Further, with possible energy shortages this winter, the Federal Government should set the example of conservation by reducing its own energy use, particularly in regions where electricity and natural gas shortages may occur and during periods of high energy consumptions. Such conservation and energy efficiency improvements will save public money, protect the environment, and help to minimize shortages. The Federal government is in a position to reduce loads and make a sizable contribution in the effort to avoid energy emergencies.

On September 26, 2005 President Bush issued a directive to the heads of executive departments and agencies to take appropriate actions to conserve natural gas, electricity, gasoline, and diesel fuel at their facilities to the maximum extent consistent with the effective discharge of public responsibilities. It is expected that all OPDIVs will due diligence in the pursuit of energy conservation especially in periods of peak consumption during the upcoming winter season.

As an HHS employee, you play a vital role in achieving these goals. The following list describes actions you can take as an individual to make a difference in our nation's energy security. Please do your part to help those who have been affected by the recent emergencies, and to help prevent shortages for others in our nation—including yourself and your family.



#### At the office:

- ✓ Always use Compact Fluorescent Lights (CFLs) in desk lamps as opposed to incandescent lights.
- ✓ Switch off all unnecessary lights. Turn off fluorescent lights when leaving an area for more than one minute. (During non-emergencies, five minutes is recommended, to keep from reducing lamp life.) Turn off incandescent lights when leaving areas for any period of time.
- ✓ Use natural lighting when possible.
- ✓ Use task lighting and turn off general lighting (especially when working late), where it is feasible to maintain sufficient lighting levels for safety and productivity.
- ✓ Turn off display and decorative lighting.
- ✓ Unplug equipment that drains energy even when not in use (i.e. cell phone chargers, fans, coffeemakers, desktop printers, radios, etc.).
- ✓ Turn off office equipment, especially printers, copiers, and monitors at the end of the work day.
- ✓ Use efficient ENERGY STAR® products and ensure that power down features are activated.
- ✓ Close or tilt window blinds to block direct sunlight to reduce cooling needs during warm months.
- ✓ Photocopy only what you need. Save large copy jobs for non-peak office hours such as early in the morning or late in the day.
- ✓ Always use the second side of paper, either by printing on both sides or using the blank side as scrap paper.
- ✓ Carpool, bike, or use mass transit when commuting to work.



- ✓ To save gas: drive the speed limit, accelerate and decelerate slower, and make sure tires are pumped up.
- ✓ Use durable coffee mugs instead of disposable cups.

## **In your home:**

### ***Today:***

- ✓ Turn down the temperature of your water heater to the warm setting (120°F). You'll not only save energy, you'll avoid scalding your hands.
- ✓ Check if your water heater has an insulating blanket. An insulating blanket will pay for itself in one year or less!
- ✓ If you have one of those silent guzzlers, a heated waterbed, make your bed. The covers will insulate it, and save up to one-third of the energy it uses.
- ✓ Start using energy-saving settings on refrigerators, dishwashers, washing machines, and clothes dryers.
- ✓ Survey your incandescent lights for opportunities to replace them with compact fluorescents. These new lamps can save three-quarters of the electricity used by incandescents. The best targets are 60-100 W bulbs used several hours a day.
- ✓ Check the age and condition of your major appliances, especially the refrigerator. You may want to replace it with a more energy-efficient model.
- ✓ Clean or replace furnace, air-conditioner, and heat-pump filters.



### ***This week:***

- ✓ Visit the hardware store. Buy a water-heater blanket, low-flow showerheads, faucet aerators, and compact fluorescents, as needed. Rope caulk leaky windows.
- ✓ Assess your heating and cooling systems. Determine if replacements are justified, or whether you should retrofit them to make them

work more efficiently to provide the same comfort (or better) for less energy.

### ***This month:***

- ✓ Collect your utility bills. Separate electricity and fuel bills. Target the biggest bill for energy conservation remedies.
- ✓ Crawl into your attic or crawlspace and inspect for insulation. Is there any? How much?
- ✓ Insulate hot water pipes and ducts wherever they run through unheated areas.
- ✓ Seal up the largest air leaks in your house—the ones that whistle on windy days, or feel drafty. The worst culprits are usually not windows and doors, but utility cut-throughs for pipes ("plumping penetrations"), gaps around chimneys and recessed lights in insulated ceilings, and unfinished spaces behind cupboards and closets. Better yet, hire an energy auditor with a blower door to point out where the worst cracks are.
- ✓ Install a clock thermostat to set your thermostat back automatically at night and when away during the day.
- ✓ Schedule an energy audit (ask your utility company or state energy office) for more expert advice on your home as a whole.

### ***This year:***

- ✓ If your walls aren't insulated have an insulation contractor blow cellulose into the walls. Bring your attic insulation level up to snuff.
- ✓ Replace aging, inefficient appliances. Even if the appliance has a few useful years left, replacing it with a top-efficiency model is generally a good investment.
- ✓ Upgrade leaky windows. It may be time to replace them with energy-efficient models or to boost their efficiency with weatherstripping and storm windows.
- ✓ Reduce your air conditioning costs by planting shade trees and shrubs around your house, especially on the west side.
- ✓ Know that you are making a difference!

For more information contact your building management office.